

8 REASONS TO DRINK

WARM LEMON WATER

It's no secret that lemons possess significant health benefits ranging from antibacterial and antiviral properties to immune-boosting abilities. Some people tout warm lemon water as a "magical elixir," but it's not that simple and, honestly, not true. Drinking lemon water may not be magical, but it does have many health perks.

ONE

RICH SOURCE OF NUTRIENTS

Lemons are rich in Vitamin C, potassium, calcium, phosphorus and magnesium. Drinking lemon water in the morning allows the body to absorb these nutrients more efficiently.

TWO

HEALTHIER SKIN

Lemon water is a popular remedy for many skin problems ranging from acne and rashes to wrinkles and age spots.

THREE

HEALTHIER WEIGHT

A mug of warm lemon water on an empty stomach helps promote digestion, increase metabolic rate and facilitate weight loss.

FOUR

DETOXIFICATION

Lemons contain an antioxidant called D-limonene, which has been shown to activate enzymes that detox your liver and flush out built-up toxins.

FIVE

HYDRATION

Warm lemon water helps keep the body hydrated and provides electrolytes.

SIX

LESS PAIN & STIFFNESS

Drinking warm lemon water helps reduce joint and muscle pain.

SEVEN

BETTER DIGESTION

This simple yet powerful beverage stimulates your gastrointestinal tract, improving your body's ability to absorb nutrients and eliminate waste products. The citrus flavonoids in lemon help your stomach break down food, and the warm temperature of the water stimulates muscles that keep things moving in the intestines.

EIGHT

IMMUNE SYSTEM BOOST

Lemon's anti-inflammatory properties help fight respiratory tract infections, sore throat and inflammation of the tonsils. With its powerful antibacterial properties, lemon also helps fight infections and the common cold.

HOW TO MAKE LEMON WATER

..... *It's easy!*



1/2 FRESH LEMON, SQUEEZED



8 OZ. WARM WATER



YOUR FAVORITE MUG

You can add mint, ginger, honey or cucumber for added flavor and health benefits.